

THE HEALTHY HOME:

An Attic-to-Basement
Guide to
Toxin-Free Living



Linda Mason Hunter

"A sort of Whole Earth Catalog for the home..."
--The New York Times

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Walton Beacham



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The Healthy Home Linda Mason Hunter,1992-01-01 Practical advice on making homes more healthful environments The Washington Post **The Healthy Home Workbook** Kimberly Rider,2006-02-23 A guide to creating a healthy home environment offering advice on how to remove commonly found dangerous or toxic materials and answering questions about household materials chemicals and product ingredients Covers each room of the house as well as outdoor spaces *Chronic Fatigue Syndrome Treatment* Erica F. Verrillo,Lauren M. Gellman,1998-02-15 Combining a self help manual personal histories of chronic fatigue sufferers and a dictionary of symptoms and treatments this comprehensive volume details every facet of the disease and thoroughly discusses every treatment currently available from diagnosis to symptoms to traditional and alternative therapies to support groups **Indoor Pollution** Steve Coffel,2011-04-06 We all know there are health hazards in the air outside but this powerful new book warns that we aren t safe within our homes or offices either The most comprehensive work available on this pressing issue covers publicized pollutants like asbestos radon and cigarette smoke as well as the secret contaminants in our heating electrical and plumbing systems **Organic Baby** Kimberly Rider,2007-03-08 A guide for environmentally conscious parents offers a range of options for organic foods and non toxic products that promote a baby s health while ensuring the overall health of the planet **Spirit and Place** Christopher Day,2012-06-14 Built environment surrounds us for 90% of our lives but only now are we realising its influence on the environment our health and how we think feel and behave both individually and socially Spirit how to moderate climate to make places of delight and realign social pressures so places both support society and maximise economic viability Thought provoking and easy to understand Christopher Day uses everyday examples to relate his theories to practice and our experience **Power Healing** Leo Galland, M.D.,2011-02-02 Dr Leo Galland along with Doctors Bernie Siegel and Andrew Weil has been a pioneer in the emerging field of integrated medicine which combines the best of alternative and conventional treatments He is also a renowned medical detective successfully curing patients whose illnesses have defied prior diagnosis and treatment In Power Healing Dr Galland shares his breakthrough medical philosophy and program of healing developed over the course of three decades of education and practice He explains how you can apply four healing strategies that will help your body restore its own rightful balance and health 1 build healthy relationships community is the most powerful healing force 2 create a customized prescription for diet rest and exercise 3 purify your external environment and 4 detoxify your internal environment to help your body protect and cleanse itself Included for the first time in this edition is a dynamic new questionnaire Dr Galland has created to help you hone in on your medical priorities Filled with practical advice on detecting unsuspected causes of our sickness building resistance to disease and harnessing our own bodies natural desire to heal Dr Galland s innovative book represents mind body medicine at its best For those whose illnesses haven t responded to treatment or resist diagnoses or for anyone who craves a higher level of health Power Healing is essential reading Praise for

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